



the MAP

THE GROUNDS

THE PAVILION

HOTEL ENTRANCE

Registration

Guest Services

Bell Services/Valet

THE HOTEL

WEST WING

Rooms 150-179

and Rooms 250-279

EAST WING

Rooms 100-129

and Rooms 200-229

Demonstration Kitchen

Meditation Room

Computer Room

Meeting Rooms

NORTH WING

Rooms 130-135

Health & Fitness Assessment Center

Meeting Rooms

THE SPA COMPLEX

SEE INSIDE PAMPHLET FOR DETAILS

OUTDOOR TENNIS AND POOL

WEATHER PERMITTING

THE MANSION

THE FIRST FLOOR

Dining Room

Library

East Solarium Dining Room

Fieldstone Lounge

Sargent Brook Lounge (Lower Level)

THE SECOND FLOOR

Health & Healing Reception

Nutrition

Behavioral Health

Medical Facilities

Exercise Physiology

Acupuncture

Movement Therapy

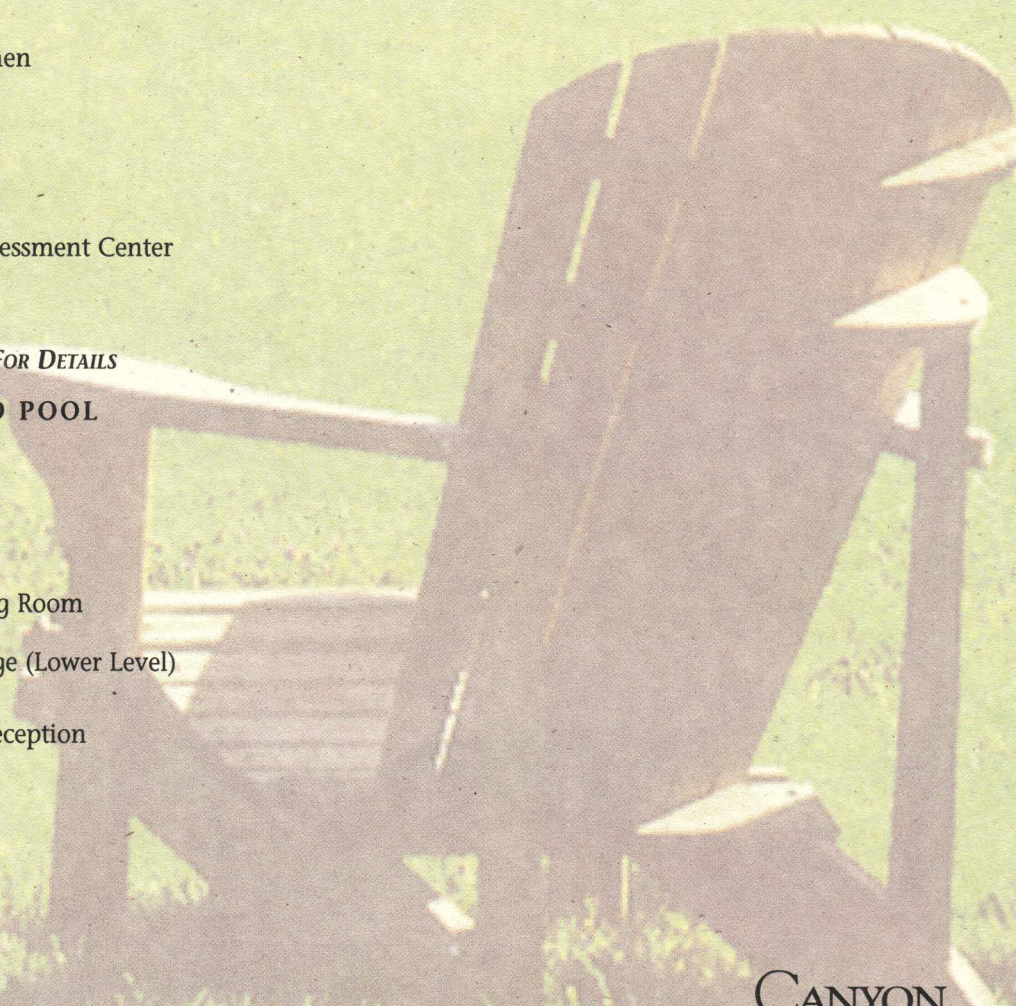
THE THIRD FLOOR

Creative Arts Center

THE OLD CARRIAGE TRAIL:

BEGINS BEHIND THE EAST WING

A beautiful scenic walk around the
spacious grounds of Canyon Ranch




CANYON
RANCH
IN THE BERKSHIRES.
HEALTH RESORT


SPA UPPER LEVEL

- 1 Front Spa Desk, Spa Directors
- 2 Memberships
- 3 Women's Locker Room
- 4 Men's Locker Room
- 5 Activities Sign - Up (Outdoor Sports Activities)
- 6 Class Schedule Posting
- 7 Skin Care
- 8 Herbal/Aroma Wraps
- 9 Body Treatments
- 10 Massage
- 11 Gym 6
- 12 Entrance to Sports Courts
- 13 Sports Courts
- 14 Back Spa Desk/ Outdoor Sports Meeting Area
- 15 Running Track (Upper Level)
- 16 Beauty Salon
- 17 Showcase Boutique


ELEVATOR 

FIRST AID 

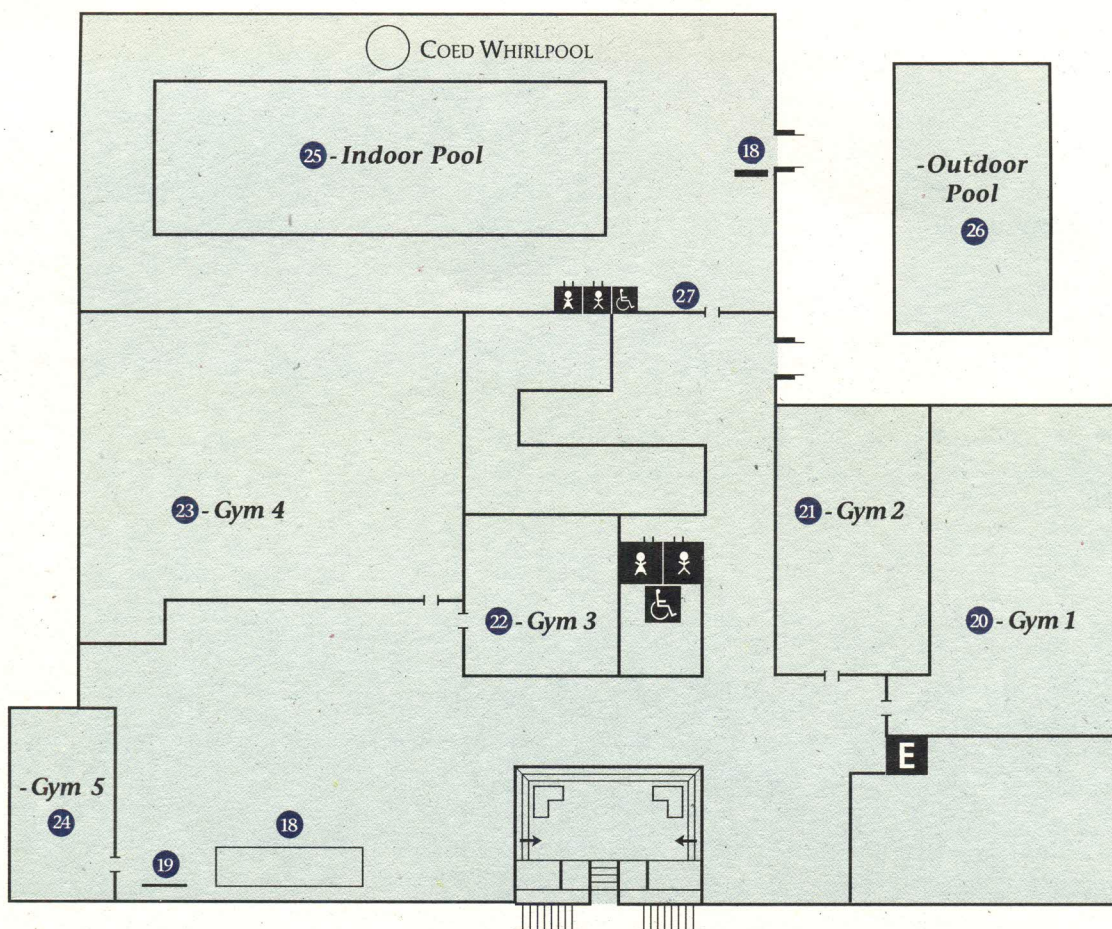
HANDICAP ACCESSIBLE 

HOUSE PHONES 

MEDICAL EMERGENCY: CALL 666

RESTROOMS 





SPA LOWER LEVEL

- 18 Beverage Bar
- 19 Class Schedule Posting
- 20 Gym 1
- 21 Gym 2
- 22 Gym 3
- 23 Gym 4
- 24 Gym 5, Video Privates
- 25 Indoor Pool
- 26 Outdoor Pool
- 27 Pool Shower

CELLULAR PHONE USAGE

As a courtesy to all our guests, please use cellular phones in house phone locations only. Thank you.

FITNESS CLASS HIGHLIGHTS

- Please be on time to class. For your safety, no admittance 10 minutes after the hour.
- Remember to pace yourself- choose activities appropriate to your fitness level.
- We advise the use of aqua socks or athletic socks in the pool.
- Please avoid wearing perfume and cologne in the gyms.
- Meet at the Back Spa Desk for all Outdoor Sports activities 15 minutes prior to activity departure time.

THE GROUNDS

DISTANCE: 1 to 4 miles

TERRAIN: Level, easy pace

ELEVATOR **E**

FIRST AID **+**

HANDICAP ACCESSIBLE 

HOUSE PHONE 

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RESTROOMS  



Lower Pond

Old Car:

Bellefontaine Mansion

Dining Room

SECOND FLOOR

MEDICAL
EXERCISE PHYSIOLOGY
MOVEMENT THERAPY
NUTRITION
BEHAVIORAL HEALTH
ACUPUNCTURE

Library

THIRD FLOOR
CREATIVE ARTS CENTER

EAST SOLARIUM
DINING ROOM

FIELDSTONE LOUNGE

Lower Level

SARGENT BROOK LOUNGE

Designated
Smoking Area

Indoor Walkway

Spa Complex
(Inside for More Detail)

Health & Fitness
Assessment Center

Program
Coordinating

Nursing **+**

North Wing

ROOMS
130-135

Lower Level
MEETING ROOMS
Barrington Room,
Stockbridge Room
Beverage Bar

Upper Level
SELF-SERVE LAUNDRY
ICE MACHINE

Second Floor
SELF-SERVE LAUNDRY
ICE MACHINE

First Floor
BEVERAGE BAR

ROOMS
150-179
250-279

Smoking
Pavilion

Hotel Entrance

Bell
Desk

Registration
Front Desk

Pavilion

Guest Services

Lounge
Area

East Wing

ROOMS
100-129
200-229

Smoking
Pavilion

Second Floor
SELF-SERVE LAUNDRY
ICE MACHINE
MEDITATION ROOM

Ground Floor
BEVERAGE BAR
DEMO KITCHEN
MEETING ROOMS
Berkshire Room, Lenox Room,
Tanglewood Room,
Card/Television Room

First Floor
COMPUTER RESOURCE ROOM

Outdoor Tennis Courts



CANYON
RANCH

THE ART OF CHEWING

Nutritionists and etiquette experts agree:

Don't gulp your food.

Your body extracts and absorbs nutrients as you chew so take your time.

Relax, put down your fork, savor the tastes and chew, chew, chew.

Fruits & Juices

Cantaloupe (1/4) 50/tr/2

Honeydew (1/8) 60/tr/tr

Grapefruit (1/2) 40/tr/tr

Banana (1/2) 60/tr/2

The serving size of all juices is 4 oz.

Cranberry Juice Blend 50/tr/tr

Grape Juice 55/tr/tr

Grapefruit Juice (Fresh-squeezed) 50/tr/tr

Apple Juice 50/0/tr

Orange Juice (Fresh-squeezed) 55/tr/tr

Tomato Juice 20/tr/tr

Prune Juice 90/tr/1

Entrees

Spinach Eggs Benedict 310/12/6

With yukon gold potatoes

Lox and Bagel 225/5/3

With low-fat cream cheese

▲ Hot Seven-Grain Cereal 200/2/6

▲ Hot Steel-Cut Oats 340/6/8

Three Egg-White Omelet

With vegetable filling 85/3/2

and low-fat cheese 120/5/2

Poached or Hard-Boiled Egg 75/5/0

Breads

Fresh Muffin of the Day *

Canyon Ranch Bread 100/1/4

▲ 1/2 Sprouted-Grain Bagel 130/tr/2

Wheat-Bran Raisin Muffin 125/4/5

▲ Golden Flaxseed Bread 145/3/2

▲ Sprouted Multi-Grain Bread 110/tr/2

Accompaniments

▲ Sunrise Tofu 95/4/1

Lightly sautéed seasoned tofu steaks

Nonfat Cottage Cheese 35/tr/0

Nonfat Yogurt

Plain 55/0/0

Fruit 75/0/0

Peanut Butter Delight 70/3/tr

A blend of peanut butter, fat-free ricotta, vanilla and honey

Low-Fat Cream Cheese 70/6/0

▲ Unprocessed Wheat Bran 15/tr/3

▲ Wheat Germ 50/1/2

▲ American Spoon Fruit® Preserves 30/tr/1

▲ Apple Butter 50/tr/tr

▲ Prunes (3) 60/tr/1

▲ Salsa 10/tr/tr

Balanced Selection

The perfect combination of great taste and good nutrition

- Generous amounts of vegetables and fruits
- A variety of fiber-rich foods, such as whole grains and beans
- Foods high in protein at each meal

	Calories	Fat grams	Fiber grams
Spinach Eggs Benedict With yukon gold potatoes	310	12	6
Nonfat Fruit Yogurt	75	0	0
Total	385	12	6

Key

Calories/Fat Grams/Fiber Grams

tr = trace (less than 1 gram)

■ Contains a trace of alcohol

▲ Vegetarian (contains no animal products)

• Spicy

* Please ask your server for today's



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With vegetable filling 85/3/2
and low-fat cheese 120/5/2
- Poached or Hard-Boiled Egg 75/5/0

Breads

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- Canyon Ranch Bread 100/1/4
- ▲ 1/2 Sprouted-Grain Bagel 130/tr/2
- Wheat-Bran Raisin Muffin 125/4/5
- ▲ Golden Flaxseed Bread 145/3/2
- ▲ Sprouted Multi-Grain Bread 110/tr/2

Accompaniments

- ▲ Sunrise Tofu 95/4/1
Lightly sautéed seasoned tofu steaks
- Nonfat Cottage Cheese 35/tr/0
- Nonfat Yogurt
Plain 55/0/0
Fruit 75/0/0
- Peanut Butter Delight 70/3/tr
A blend of peanut butter,
fat-free ricotta, vanilla and honey
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- Small amounts of healthy fats such as olive oil, nuts and seeds
- Delicious and satisfying portions

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Please let your server know your time restrictions.

If you have food allergies and are interested in an ingredient list, please ask your server.

Healthy Weight

Healthy weight is based on a balanced lifestyle. When you eat healthy, low-fat food (not too much or too little), exercise regularly (including strength training), and have a positive sense of well-being, healthy weight naturally follows.

We respectfully request all cellular phones be turned off while in the Dining Room.

Lunch



CANYON
RANCH

SPROUTED GRAINS

Adding sprouted grains to bread offers a number of significant nutritional advantages. An excellent source of fiber and plant protein, sprouted grains also retain the vitamins and minerals commonly lost during milling. The hearty texture and taste complement their nutritional benefits.

Entrees

- Asian Noodle Salad 220/6/2
- Souvlakia & Greek Salad 280/13/4
With cucumber tazaziki
- Spicy Grilled Shrimp 385/15/4
- Eggplant Parmesan 460/11/6

Daily Fare

- ▲ Fresh Vegetable Platter *
- Preparation varies
- Pizza of the Day *
- Veggie Burger of the Day *
- Served with lettuce and tomato on a
sprouted multi-grain roll
- CLT 330/4/4
- Grilled chicken breast, lettuce and
tomato on a sprouted multi-grain roll
- ▲ Pasta Marinara 245/1/2
- With Parmesan cheese 270/3/2

Soups & Chili

- Mulligatawny Soup 70/1/2
- ▲ Miso Soup 40/1/tr
- Consommé 15/tr/tr
- ▲ Gazpacho 40/tr/2
- ▲ Hearty Vegetarian Bean Chili 180/2/7

Accompaniments

- ▲ Marinated Tofu 70/5/tr
- Tuna (1 ounce) 30/tr/0
- Chicken (1 ounce) 45/1/0
- Nonfat Cottage Cheese 35/tr/0
- ▲ Fresh Steamed Vegetable Basket 100/tr/8
- ▲ Baked Sweet Potato 160/tr/5
- ▲ Baked Potato 170/tr/3
- ▲ Seasoned Brown Rice 80/1/1

Dessert of the Day

- Baked Fruity Pear 130/2/4
- With tuille cookie
- Canyon Ranch
Homemade Ice Cream *
- ▲ Seasonal Fresh Fruit *

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	Calories	Fat grams	Fiber grams
Mulligatawny Soup	70	1	2
• Spicy Grilled Shrimp	385	15	4
▲ Seasonal Fresh Fruit	120	tr	6
Total	575	16	12

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LL4- 6/19/00